

Health, physical fitness and other topics! ➤

Health



FEEL YOUR BEST

THE U.S. Army Center for Health Promotion and Preventive Medicine wants you to feel your best. The agency has developed the Soldier Health Maintenance Manual, a self-care guide that puts health in soldiers' hands.

The manual focuses on issues that are specific to both men's and women's health, and offers information on dental care, food and nutrition, mental and emotional well-being, physical fitness and other topics. Symptom evaluation charts help users determine health problems.

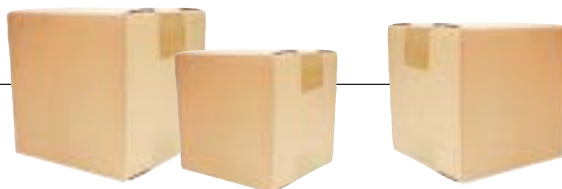
Not meant to replace formal medical care, the manual helps soldiers develop positive attitudes toward their overall health. The manual is just one part of a Self-care Tool Kit that also includes briefing slides on the overall Self-care Program.



Get the manual or the complete tool kit:
www.hooah4health.com/4You/default.htm

Morale

TREATS FOR TROOPS



WANT mail? Check out **Treats for Troops**, a new Web-based company that lets Americans send care packages to service members stationed around the world. Soldiers can register to participate by providing their names, e-mail addresses and valid military addresses.

Families and friends who already know a service member to whom they want to send mail can register the service member in the TFT database, then visit TFT's online gift shop to pick from more than 70 items. Packages include personalized messages and a response card, so sponsors will know their gifts have arrived safe and sound.

The **Foster-A-Soldier Program**

allows individuals and organizations to sponsor a soldier without knowing someone in the service. Once sponsors are linked with a service member, he or she will be put on "hold" for seven days so sponsors have time to decide what to include in the package. If a sponsor sends no package within a week, the service member's name returns to the top of the eligibility list.

TFT founder Deborah Crane hopes the program will help put at least one package from home in the hands of every service member.

"With a son in the military, I know mail call is the highlight of the day. Our troops, both in the States and abroad, need to know that the people of

America appreciate them, and a package from home is one of the best ways to do that," Crane said. "This isn't a wartime program. This is something that needs to happen every day, all year long, as long as there are men and women serving our country."

Tightened security has made it impossible for Americans to send packages addressed to "Any Soldier," but TFT protects service members' identity and security by giving sponsors only the first name, service and home state. Safe handling of packages is also assured through employee-background checks and security training.






Soldiers can register to participate at:
www.treatsfortroops.com

Employment

FIND THE PERFECT JOB

THE site www.studentjobs.gov is a joint project between the U.S. Office of Personnel Management and the U.S. Department of Education's Student Financial Assistance Office. It's a one-stop Web site that gives high school and college students information about working for the federal government. Users can learn about co-ops, internships, summer employment, the Outstanding Scholars Program, volunteer opportunities, and temporary and permanent part-time and full-time jobs.

The main links on the studentjobs.gov site are:

-  Plan for your education
-  Pay for your education
-  Career development
-  Military service
-  Government 101
-  Community service
-  Travel



The site for jobs:
www.studentjobs.gov



Kids

BACK TO SCHOOL



Federal resources:
www.kids.gov

A RETURN to the classroom means school projects and research papers. Where should kids go for new knowledge? At www.kids.gov they can access federal resources on topics ranging from science and math to careers and fighting crime.

The site is affiliated with FirstGov, the U.S. government's

official Web portal. It helps children connect to the government's best research and homework-help sites. Users may go to the Encyclopedia Smithsonian for answers to questions about Egyptian mummies, for example, or learn how to create a graph at the National Center for Education Statistics.

Money

FASTER HOME LOANS

SECURING a low interest rate can save hundreds of dollars in monthly mortgage payments for those who can get fast home loans. The Department of Veterans Affairs offers an Internet-based system that speeds the process by giving lenders instant authenticity of a veteran's eligibility for a VA Loan. Requests are normally processed within an hour of receipt, and the service is available 24 hours a day, seven days a week.



VA forms at:
www.va.gov

